

Self Compassion Letter

1. Identify your Suffering. Be honest and write down something that is affecting your self-confidence. What is making you ashamed, insecure, pessimist or that you are not good enough. Describe how you feel. What emotions are present e.g. sadness, despair, guilt, anger, envy, shame, embarrassment?
2. Imagine that there is someone you love, trust and who accepts you the way you are. You have unconditional love from this person. What would this person say to you about this part of yourself?
3. Remind yourself about your common humanity. Everyone has flaws, pain and challenges. Everyone deals with suffering. There are many people facing your same struggles.
4. Remember important events that shape your life from your childhood, your parents, your ancestors, your close relationships. Think about situations that could have impacted your life and your confidence in a negative way.
5. What can you do to improve your confidence and deal with your mental obstacles? Think about overthinking worries & fears, perfectionism & social comparison. How can you use the mindful strategies suggested in the lesson on kindness, self-compassion, acceptance and common humanity?

After writing the letter, put it down for a little while. Then come back to it later and read it again.

Keep it with you at all times.

Take a picture of it or type it. Save it on your phone. Read it whenever your confidence is low and you need self-compassion